

LRC Keep the Promise Day

Don't miss it!



Tuesday, March 8, 2016
8 a.m. – 1 p.m.
Capitol Annex, Room 111
and 113
Call 502.564.9336
for an appointment

General Assembly and LRC staff:

Do you currently have a LivingWell PPO or LivingWell CDHP health insurance plan through the Kentucky Employees' Health Plan (KEHP)?

If so, you must complete the [LivingWell Promise](#) by **May 1, 2016**. To fulfill the LivingWell Promise, take the online HumanaVitality Health Assessment or get a Vitality Check (biometric screening). The LRC LivingWell Promise Day is an

Vitality Check

This biometric screening consists of a finger prick to measure your cholesterol and blood glucose, a blood pressure check, and a height, weight, and waist circumference measurement to learn your body mass index (BMI).

Bring your HumanaVitality ID card and a picture ID, and for more accurate results, fast for at least nine hours prior to your appointment. Please arrive three-five minutes beforehand to fill out paperwork.

Vitality Check appointments are encouraged. Please call 502.564.9336 from 8 a.m. - 12:30 p.m. or from 1:30- 4:30 p.m. to schedule.

Health Assessment

The Health Assessment is an online survey that asks about your health habits. Stop by any time to get assistance completing the Health Assessment. Note: you can complete the assessment from any computer at any time when you log in to HumanaVitality.

Questions?

Contact Robin Hartman at 502.564.6552 or Robin.Hartman@ky.gov.

opportunity to do both!

Along with KEHP staff, health plan vendors HumanaVitality, Anthem, and Vitals (formerly Compass SmartShopper) will be on site.

We look forward to seeing you there!

Visit <https://LivingWell.ky.gov> for all your wellness benefits.
Visit <https://KEHP.ky.gov> for your Kentucky Employees' Health Plan information